

### **In the Claims**

Please amend the Claims as follows.

1. (Original) A system for applying a substance to a substrate and operable with a manual printing press and a screen having a screen frame and a screen mesh, the screen mountable in the printing press, comprising:

a frame system comprising:

an MRS frame mountable with the screen frame;

a track system having a first and second track frame, located at opposing sides of the MRS frame, each with a receiving end and an exiting end and each configured with an upper track and a lower track, the upper track having a flanged area at the receiving end and a recessed area at the exiting end; and

a height adjustor configured to adjust a height of the track system relative to the MRS frame; and

a squeegee comprising:

a squeegee frame;

a blade removably attached to the squeegee frame;

at least one guide member on opposing ends of the squeegee frame configured to travel between the upper track and the lower track of the opposing track frames in a guide plane between the receiving end and the exiting end; and an angle adjustor configured to adjust an angle of the blade relative to the guide plane;

wherein the flanged area is configured to guide the at least one opposing guide members between the upper track and the lower track of the opposing track frames at the receiving end of the track system;

wherein the blade is configured to apply the substance through the screen mesh to the substrate at the height and the angle when the at least one opposing guide members travel along the guide plane between the receiving end and the exiting end of the opposing track frames, the height resulting in a selected biasing force being applied between the blade and the screen mesh; and

wherein the recessed area of the upper track is configured to upwardly release the at least one opposing guide members from the opposing track frames at the exiting end.

2. (New) A system operable for manually printing with a squeegee and a screen comprising:

an MRS frame removably mountable to the screen;

a track system having a first and second track frame at opposing sides of the MRS frame, each with an open receiving end and an open exiting end and each configured with an upper track and a lower track, each upper track forming a flanged area at the receiving end, wherein the flanged area is configured to guide the squeegee between the upper track and the lower track of the opposing track frames at the receiving end of the track system; and

a height adjustor mounted to the MRS frame and mounted to the track system and configured to adjust a height of the track system relative to the MRS frame for a selected height.

3. (New) The system of claim 2 wherein each upper track further forms a recessed area at the exiting end, and the recessed area is configured to upwardly release the squeegee from the opposing track frames at the exiting end.

4. (New) The system of claim 2 wherein the screen has a screen mesh and the squeegee comprises:

a squeegee frame;

a blade for the squeegee frame;

at least one angle adjustor configured to adjust a blade angle relative to a guide plane of the squeegee and to enable selection of a selected blade angle; and

at least one guide member on opposing ends of the squeegee frame configured to travel between the upper track and the lower track of the opposing track frames in the guide plane between the receiving end and the exiting end;

wherein the blade is configured to travel at the selected blade angle and at the selected height when the at least one opposing guide members travel between the receiving end and the exiting end of the opposing track frames, the selected height and the

selected blade angle resulting in a selected biasing force being applied by the blade.

5. (New) The system of claim 4 wherein:
  - the at least one guide member on opposing ends of the squeegee frame comprises a plurality of guide members mounted to the at least one angle adjustor, each of the guide members configured to travel between the upper track and the lower track of at least one of the track frames between the receiving end and the exiting end; and
  - the at least one angle adjustor is movably attached to at least one opposing end of the squeegee frame.
6. (New) The system of claim 4 wherein:
  - the at least one angle adjustor comprises:
    - an angle adjustor frame comprising a plurality of angle selector apertures;
    - a fastener configured to movably fasten the angle adjustor frame to the squeegee frame; and
    - an angle locking pin configured to lock at least one of the angle selector apertures at the selected blade angle with respect to the squeegee frame; and
  - the at least one guide member on opposing ends of the squeegee frame comprises a plurality of guide members for the angle adjustor frame configured to travel between the upper track and the lower track of at least one of the track frames between the receiving end and the exiting end.
7. (New) The system of claim 6 wherein:
  - the angle locking pin comprises a spring-loaded locking pin configured to retract into the squeegee frame and
  - the fastener is configured to enable the angle adjustor frame to rotate for selection of the at least one of the angle selector apertures.
8. (New) The system of claim 6 wherein the fastener comprises a spring loaded fastener configured to enable pulling the angle adjustor frame away from the squeegee frame and

to enable rotating the angle adjustor frame for selection of the at least one of the angle selector apertures for the selected blade angle.

9. (New) The system of claim 4 wherein the at least one guide member on opposing ends each comprise at least one member of a group consisting of a roller and a ball bearing.

10. (New) The system of claim 4 wherein the blade is removably attached to the squeegee frame.

11. (New) The system of claim 2 wherein the height adjustor comprises:  
a first receiver mounted to the MRS frame;  
a second receiver mounted to the track system;  
a shaft having an axis and extending between the first receiver and the second receiver;  
and  
an adjustment mechanism configured to move the shaft to effect axial movement of the second receiver with respect to the first receiver along the shaft axis.

12. (New) The system of claim 11 wherein:  
the MRS frame comprises a bracket having a first aperture;  
the first receiver comprises a second aperture;  
the shaft comprises threads at approximately one end of the shaft and is configured, at one other end of the shaft, to fit through the second aperture and to attach to the adjustment mechanism;  
the second receiver comprises other threads receivable by the shaft threads and is configured to mount at least partially through the aperture to the track system; and  
the adjustment mechanism is configured to rotate the shaft, thereby turning the shaft threads with respect to the second receiver threads to effect axial movement of the second receiver through the first aperture along the shaft axis and with respect to the first receiver.

13. (New) The system of claim 2 further comprising height identifier markings configured to enable selecting the selected height of the track system relative to the MRS frame.

14. (New) The system of claim 2 further comprising a height locking mechanism configured to lock the height of the track system relative to the MRS frame at the selected height.

15. (New) The system of claim 14 wherein the MRS frame comprises a bracket having an aperture, the track system comprises a shaft receiver, and the height locking mechanism comprises:

- a shaft configured to fit through the aperture and to be received at one end of the shaft by the shaft receiver of the track system;
- a bushing approximately at another end of the shaft and configured larger than the aperture; and
- a lever approximately at the bushing end of the shaft and configured to enable turning the shaft to loosen or tighten the MRS frame between the bushing and the track system.

16. (New) The system of claim 2 further comprising a mounting system configured to mount the MRS frame to the screen frame.

17. (New) The system of claim 16 wherein the mounting system comprises:

- a shaft receiver comprising an aperture and mounted to the MRS frame;
- a shaft having an axis and configured to fit through the aperture of the shaft receiver at one end of the shaft;
- a clamp on one other end of the shaft;
- an adjustment mechanism configured to attach to the one end of the shaft and to move the shaft along the shaft axis to effect axial movement of the clamp with respect to the shaft receiver, thereby effecting movement of the clamp with respect to the MRS frame.

18. (New) The system of claim 17 wherein:

- the shaft comprises threads;
- the shaft receiver comprises other threads receivable by the shaft threads; and
- the adjustment mechanism is configured to rotate the shaft, thereby turning the shaft threads with respect to the shaft receiver threads to effect axial movement of the shaft through the shaft receiver along the shaft axis.

19. (New) The system of claim 18 wherein the clamp is configured to tighten and loosen the screen frame against the MRS frame as the shaft threads are turned with respect to the shaft receiver threads.

20. (New) The system of claim 2 further comprising a manual printing press comprising at least one print head assembly configured to mount the screen frame to which the MRS frame is removably mountable.

21. (New) The system of claim 20 wherein:  
the manual printing press further comprises at least one pallet configured to support at least one substrate;  
the at least one print head assembly further is configured to enable locating the screen in at least approximate contact to the at least one substrate; and  
the system is operable to enable applying the at least one substance through the screen to the at least one substrate.

22. (New) The system of claim 21 wherein the manual printing press comprises a plurality of print head assemblies and a plurality of pallets.

23. (New) A system operable for manually printing with a screen having a screen frame comprising:  
an MRS frame removably mountable with the screen frame;  
a track system having a first and second track frame at opposing sides of the MRS frame, each with an open receiving end and an open exiting end and each configured with an upper track and a lower track, the upper track forming a flanged area at the receiving end; and  
a height adjustor configured to adjust a height of the track system relative to the MRS frame to a selected height.

24. (New) The system of claim 23 wherein each upper track further forms a recessed area at the exiting end, and the recessed area is configured to upwardly release the squeegee from the opposing track frames at the exiting end.

25. (New) The system of claim 23 wherein the system further is operable with a squeegee having a frame and at least one guide member on opposing ends of the squeegee frame, and wherein the flanged area is configured to guide the at least one opposing guide members between the upper track and the lower track of the opposing track frames at the receiving end of the track system.

26. (New) The system of claim 23 wherein the screen has a screen mesh and the system further comprises a squeegee comprising:

- a squeegee frame;

- at least one guide member on opposing ends of the squeegee frame;

- a blade for the squeegee frame; and

- at least one angle adjustor configured to adjust an angle of the blade relative to a guide plane of the squeegee and to enable selection of a selected blade angle of the squeegee for the guide plane; and

wherein the at least one guide member on opposing ends of the squeegee frame is configured to travel between the upper track and the lower track of the opposing track frames in the guide plane between the receiving end and the exiting end; and wherein the blade is configured to apply the substance through the screen mesh at the height and the selected blade angle when the at least one opposing guide members travel along the guide plane between the receiving end and the exiting end of the opposing track frames, the height resulting in a selected biasing force being applied between the blade and the screen mesh.

27. (New) The system of claim 26 wherein:

the at least one angle adjustor comprises:

- an angle adjustor frame comprising a plurality of angle selector apertures; and

- a plurality of guide members for the angle adjustor frame configured to travel between the upper track and the lower track of at least one of the track frames between the receiving end and the exiting end; and

the squeegee further comprises:

- a fastener configured to movably fasten the angle adjustor frame to the squeegee frame; and

an angle locking pin configured to lock at least one of the angle selector apertures at the selected blade angle.

28. (New) The system of claim 23 wherein the height adjustor comprises:  
a first receiver mounted to the MRS frame;  
a second receiver mounted to the track system;  
a shaft having an axis and extending between the first receiver and the second receiver;  
and  
an adjustment mechanism configured to move the shaft to effect axial movement of the second receiver with respect to the first receiver along the shaft axis.

29. (New) The system of claim 28 wherein:  
the MRS frame comprises a bracket having a first aperture;  
the first receiver comprises a second aperture;  
the shaft comprises threads at approximately one end of the shaft and is configured, at one other end of the shaft, to fit through the second aperture and to attach to the adjustment mechanism;  
the second receiver comprises other threads receivable by the shaft threads and is configured to mount at least partially through the aperture to the track system; and  
the adjustment mechanism is configured to rotate the shaft, thereby turning the shaft threads with respect to the second receiver threads to effect axial movement of the second receiver through the first aperture along the shaft axis and with respect to the first receiver.

30. (New) The system of claim 23 further comprising a height locking mechanism configured to lock the height of the track system relative to the MRS frame at the selected height.

31. (New) The system of claim 30 wherein the MRS frame comprises a bracket having an aperture, the track system comprises a shaft receiver, and the height locking mechanism comprises:  
a shaft configured to fit through the aperture and to be received at one end of the shaft by the shaft receiver of the track system;



a bushing approximately at another end of the shaft and configured larger than the aperture; and

a lever approximately at the bushing end of the shaft and configured to enable turning the shaft to loosen or tighten the MRS frame between the bushing and the track system.

32. (New) The system of claim 23 further comprising a mounting system configured to mount the MRS frame to the screen frame.

33. (New) The system of claim 32 wherein the mounting system comprises:

a shaft receiver comprising an aperture and mounted to the MRS frame;

a shaft having an axis and configured to fit through the aperture of the shaft receiver at one end of the shaft;

a clamp on one other end of the shaft;

an adjustment mechanism configured to attach to the one end of the shaft and to move the shaft along the shaft axis to effect axial movement of the clamp with respect to the shaft receiver, thereby effecting movement of the clamp with respect to the MRS frame.

34. (New) The system of claim 33 wherein:

the shaft comprises threads;

the shaft receiver comprises other threads receivable by the shaft threads; and

the adjustment mechanism is configured to rotate the shaft, thereby turning the shaft

threads with respect to the shaft receiver threads to effect axial movement of the shaft through the shaft receiver along the shaft axis;

wherein the clamp is configured to tighten and loosen the screen frame against the MRS frame as the shaft threads are turned with respect to the shaft receiver threads to effect axial movement of the shaft through the shaft receiver along the shaft axis.

35. (New) The system of claim 23 further comprising a manual printing press comprising at least one print head assembly configured to mount the screen frame to which the MRS frame is removably mountable.

36. A squeegee operable for manually printing with a screen having a screen mesh and a printing device having a guide system that defines a guide plane for the squeegee, the squeegee comprising:

a squeegee frame;

a blade for the squeegee frame;

at least one guide member on one end of the squeegee frame;

a plurality of other guide members on one other end of the squeegee frame; and

at least one angle adjustor configured to adjust a blade angle of the blade relative to the guide plane and to enable selection of a selected blade angle;

wherein the guide members are configured to guide the squeegee frame along the guide plane; and

wherein the blade is configured to apply a substance through the screen mesh at the selected blade angle when the guide members travel along the guide plane, the selected blade angle resulting, at least partially, in a selected biasing force being applied between the blade and the screen mesh.

37. (New) The system of claim 36 wherein:

the plurality of guide members on the one other end of the squeegee frame are mounted to the at least one angle adjustor, each of the guide members configured to travel along the guide plane; and

the at least one angle adjustor is movably attached to the one other end of the squeegee frame.

38. (New) The system of claim 36 wherein the at least one angle adjustor comprises:

an angle adjustor frame to which the plurality of other guide members are mounted and comprising a plurality of angle selector apertures;

a fastener configured to movably fasten the angle adjustor frame to the squeegee frame; and

an angle locking pin configured to lock at least one of the angle selector apertures at the selected blade angle.

39. (New) The system of claim 38 wherein:

the angle locking pin comprises a spring-loaded locking pin configured to retract into the squeegee frame; and

the fastener is configured to enable the angle adjustor frame to rotate for selection of the at least one of the angle selector apertures.

40. (New) The system of claim 39 wherein the fastener comprises a spring loaded fastener configured to enable pulling the angle adjustor frame away from the squeegee frame and to enable rotating the angle adjustor for selection of the at least one of the angle selector apertures for the selected blade angle.

41. (New) The system of claim 36 wherein the guide members each comprise at least one member of a group consisting of a roller and a ball bearing.

42. (New) The system of claim 36 wherein the blade is removably attached to the squeegee frame.

43. (Original) A method for enabling application of a substance to a substrate and operable with a manual printing press and a screen having a screen frame and a screen mesh, the screen mountable in the printing press, comprising:

providing a frame system comprising:

providing an MRS frame to be mountable with the screen frame;

providing a track system with a first and second track frame, located at opposing sides of the MRS frame, each with a receiving end and an exiting end and configuring each with an upper track and a lower track, the upper track having a flanged area at the receiving end and a recessed area at the exiting end, the flanged area configured to guide the at least one opposing guide members between the upper track and the lower track of the opposing track frames at the receiving end of the track system, the recessed area of the upper track is configured to upwardly release the at least one opposing guide members from the opposing track frames at the exiting end; and

providing a height adjustor to adjust a height of the track system relative to the MRS frame; and

providing a squeegee comprising;

providing a blade for a squeegee frame;

providing at least one guide member on opposing ends of the squeegee frame,  
each at least one guide member configured to travel between the upper  
track and the lower track of the opposing track frames in a guide plane  
between the receiving end and the exiting end; and

providing an angle adjustor to the squeegee frame, the angle adjustor configured  
to adjust an angle of the blade relative to the guide plane, the blade being  
operable to apply the substance through the screen mesh to the substrate at  
the height and the angle when the at least one opposing guide members  
travel along the guide plane between the receiving end and the exiting end  
of the opposing track frames, the height resulting in a selected biasing  
force being applied between the blade and the screen mesh.

44. (New) A method operable for providing for manual printing with a squeegee and  
a screen comprising:

providing an MRS frame to removably mount to the screen;

providing a track system having a first and second track frame at opposing sides of the  
MRS frame, each with an open receiving end and an open exiting end and each  
configured with an upper track and a lower track, each upper track forming a  
flanged area at the receiving end, the flanged area configured to guide the  
squeegee between the upper track and the lower track of the opposing track  
frames at the receiving end of the track system; and

mounting a height adjustor to the MRS frame and to the track system, the height adjustor  
configured to adjust a height of the track system relative to the MRS frame for a  
selected height.

45. (New) The method of claim 44 further comprising providing each upper track  
with a recessed area at the exiting end, the recessed area configured to upwardly release the  
squeegee from the opposing track frames at the exiting end.

46. (New) The method of claim 44 wherein the screen has a screen mesh, the method  
further comprising configuring a squeegee comprising:

providing a squeegee frame;  
providing a blade for the squeegee frame;  
providing at least one guide member on opposing ends of the squeegee frame configured to travel between the upper track and the lower track of the opposing track frames in the guide plane between the receiving end and the exiting end;  
providing at least one angle adjustor configured to adjust an angle of the blade relative to a guide plane of the squeegee and to enable selection of a selected blade angle of the squeegee for the guide plane, the blade being operable to apply the substance through the screen mesh at the height and the selected blade angle when the at least one opposing guide members travel along the guide plane between the receiving end and the exiting end of the opposing track frames, the height resulting in a selected biasing force being applied between the blade and the screen mesh.

47. (New) The method of claim 46 wherein providing the at least one guide member on opposing ends of the squeegee frame comprises providing a plurality of guide members mounted to the at least one angle adjustor, each of the guide members configured to travel between the upper track and the lower track of at least one of the track frames between the receiving end and the exiting end, the at least one angle adjustor movably attached to at least one opposing end of the squeegee frame.

48. (New) The method of claim 46 wherein:  
providing the at least one angle adjustor comprises:  
providing an angle adjustor frame comprising a plurality of angle selector apertures; and  
providing a plurality of guide members for the angle adjustor frame configured to travel between the upper track and the lower track of at least one of the track frames between the receiving end and the exiting end; and  
providing the squeegee further comprises:  
providing a fastener configured to movably fasten the angle adjustor frame to the squeegee frame; and

providing an angle locking pin configured to lock at least one of the angle selector apertures at the selected blade angle.

49. (New) The method of claim 48 wherein:

providing the angle locking pin comprises providing a spring-loaded locking pin configured to retract into the squeegee frame; and

providing the fastener comprises enabling the angle adjustor frame to rotate for selection of the at least one of the angle selector apertures.

50. (New) The method of claim 48 wherein providing the fastener comprises providing a spring loaded fastener configured to enable pulling the angle adjustor frame away from the squeegee frame and to enable rotating the angle adjustor frame for selection of the at least one of the angle selector apertures for the selected blade angle.

51. (New) The method of claim 46 wherein providing the at least one guide member on opposing ends comprises providing at least one member of a group consisting of a roller and a ball bearing.

52. (New) The method of claim 46 wherein providing the blade for the squeegee frame comprises removably attaching the blade to the squeegee frame.

53. (New) The method of claim 44 wherein providing the height adjustor comprises: mounting a first receiver to the MRS frame;

mounting a second receiver to the track system;

providing a shaft having an axis and extending between the first receiver and the second receiver; and

providing an adjustment mechanism configured to move the shaft to effect axial movement of the second receiver with respect to the first receiver along the shaft axis.

54. (New) The method of claim 53 wherein providing the MRS frame comprises providing a bracket having a first aperture, and the method further comprises: providing the first receiver with a second aperture;

providing the shaft with threads at approximately one end of the shaft and to fit through the second aperture and to attach to the adjustment mechanism at one other end of the shaft;

providing the second receiver with other threads receivable by the shaft threads and to mount at least partially through the aperture to the track system; and

providing the adjustment mechanism configured to rotate the shaft, thereby turning the shaft threads with respect to the second receiver threads to effect axial movement of the second receiver through the first aperture along the shaft axis and with respect to the first receiver.

55. (New) The method of claim 44 further comprising providing height identifier markings configured to enable selecting the selected height of the track system relative to the MRS frame.

56. (New) The method of claim 44 further comprising providing a height locking mechanism configured to lock the height of the track system relative to the MRS frame at the selected height.

57. (New) The system of claim 56 wherein providing the MRS frame comprises providing a bracket having an aperture, providing the track system comprises providing a shaft receiver in the track system, and providing the height locking mechanism comprises:

providing a shaft configured to fit through the aperture and to be received at one end of the shaft by the shaft receiver of the track system;

providing a bushing approximately at another end of the shaft and configured larger than the aperture; and

providing a lever approximately at the bushing end of the shaft and configured to enable turning the shaft to loosen or tighten the MRS frame between the bushing and the track system.

58. (New) The method of claim 44 further comprising providing a mounting system configured to mount the MRS frame to the screen frame.

59. (New) The method of claim 58 wherein providing the mounting system comprises:

providing a shaft receiver having an aperture and mounting the shaft receiver to the MRS frame;  
providing a shaft having an axis and configured to fit through the aperture of the shaft receiver at one end of the shaft;  
providing a clamp on one other end of the shaft;  
providing an adjustment mechanism configured to attach to the one end of the shaft and to move the shaft along the shaft axis to effect axial movement of the clamp with respect to the shaft receiver, thereby effecting movement of the clamp with respect to the MRS frame.

60. (New) The method of claim 59 further comprising:  
providing the shaft with threads;  
providing the shaft receiver with other threads receivable by the shaft threads; and  
providing the adjustment mechanism to be configured to rotate the shaft, thereby turning the shaft threads with respect to the shaft receiver threads to effect axial movement of the shaft through the shaft receiver along the shaft axis.

61. (New) The method of claim 60 further comprising providing the clamp configured to tighten and loosen the screen frame against the MRS frame as the shaft threads are turned with respect to the shaft receiver threads to effect axial movement of the shaft through the shaft receiver along the shaft axis.

62. (New) The method of claim 44 further comprising providing a manual printing press comprising at least one print head assembly configured to mount the screen frame to which the MRS frame is removably mountable.

63. (New) The method of claim 62 wherein:  
providing the manual printing press further comprises providing at least one pallet configured to support at least one substrate;  
providing the at least one print head assembly further comprises providing the at least one print head assembly configured to enable locating the screen in at least approximate contact to the at least one substrate; and



providing the system to enable applying the at least one substance through the screen to the at least one substrate.

64. (New) The method of claim 63 wherein providing the manual printing press comprises providing a plurality of print head assemblies and a plurality of pallets.

65. (New) A method operable for providing for manual printing with a screen having a screen frame comprising:

providing an MRS frame to removably mount to the screen frame;

providing a track system having a first and second track frame at opposing sides of the MRS frame, each with an open receiving end and an open exiting end and each configured with an upper track and a lower track, the upper track forming a flanged area at the receiving end; and

providing a height adjustor to adjust a height of the track system relative to the MRS frame to a selected height.

66. (New) The method of claim 65 further comprising providing each upper track with a recessed area at the exiting end, the recessed area configured to upwardly release the squeegee from the opposing track frames at the exiting end.

67. (New) The method of claim 65 wherein the method further is operable with a squeegee having a frame and at least one guide member on opposing ends of the squeegee frame, and the method further comprises providing the flanged area to guide the at least one opposing guide members between the upper track and the lower track of the opposing track frames at the receiving end of the track system.

68. (New) The method of claim 65 wherein the screen has a screen mesh, the method further comprising configuring a squeegee comprising:

providing a squeegee frame;

providing a blade for the squeegee frame;

providing at least one guide member on opposing ends of the squeegee frame configured to travel between the upper track and the lower track of the opposing track frames in the guide plane between the receiving end and the exiting end;

providing at least one angle adjustor configured to adjust an angle of the blade relative to a guide plane of the squeegee and to enable selection of a selected blade angle of the squeegee for the guide plane, the blade being operable to apply the substance through the screen mesh at the height and the selected blade angle when the at least one opposing guide members travel along the guide plane between the receiving end and the exiting end of the opposing track frames, the height resulting in a selected biasing force being applied between the blade and the screen mesh.

69. (New) The method of claim 68 wherein:

providing the at least one angle adjustor comprises:

providing an angle adjustor frame comprising a plurality of angle selector apertures; and

providing a plurality of guide members for the angle adjustor frame configured to travel between the upper track and the lower track of at least one of the track frames between the receiving end and the exiting end; and

providing the squeegee further comprises:

providing a fastener configured to movably fasten the angle adjustor frame to the squeegee frame; and

providing an angle locking pin configured to lock at least one of the angle selector apertures at the selected blade angle.

70. (New) The method of claim 65 wherein providing the height adjustor comprises:

mounting a first receiver to the MRS frame;

mounting a second receiver to the track system;

providing a shaft having an axis and extending between the first receiver and the second receiver; and

providing an adjustment mechanism configured to move the shaft to effect axial movement of the second receiver with respect to the first receiver along the shaft axis.

71. (New) The method of claim 70 wherein providing the MRS frame comprises

providing a bracket having a first aperture, and the method further comprises:

providing the first receiver with a second aperture;  
providing the shaft with threads at approximately one end of the shaft and to fit through the second aperture and to attach to the adjustment mechanism at one other end of the shaft;  
providing the second receiver with other threads receivable by the shaft threads and to mount at least partially through the aperture to the track system; and  
providing the adjustment mechanism configured to rotate the shaft, thereby turning the shaft threads with respect to the second receiver threads to effect axial movement of the second receiver through the first aperture along the shaft axis and with respect to the first receiver.

72. (New) The method of claim 65 further comprising providing a height locking mechanism configured to lock the height of the track system relative to the MRS frame at the selected height.

73. (New) The system of claim 72 wherein providing the MRS frame comprises providing a bracket having an aperture, providing the track system comprises providing a shaft receiver in the track system, and providing the height locking mechanism comprises:  
providing a shaft configured to fit through the aperture and to be received at one end of the shaft by the shaft receiver of the track system;  
providing a bushing approximately at another end of the shaft and configured larger than the aperture; and  
providing a lever approximately at the bushing end of the shaft and configured to enable turning the shaft to loosen or tighten the MRS frame between the bushing and the track system.

74. (New) The method of claim 65 further comprising providing a mounting system configured to mount the MRS frame to the screen frame.

75. (New) The method of claim 74 wherein providing the mounting system comprises:  
providing a shaft receiver having an aperture and mounting the shaft receiver to the MRS frame;

providing a shaft having an axis and configured to fit through the aperture of the shaft receiver at one end of the shaft;  
providing a clamp on one other end of the shaft;  
providing an adjustment mechanism configured to attach to the one end of the shaft and to move the shaft along the shaft axis to effect axial movement of the clamp with respect to the shaft receiver, thereby effecting movement of the clamp with respect to the MRS frame.

76. (New) The method of claim 75 further comprising:  
providing the shaft with threads;  
providing the shaft receiver with other threads receivable by the shaft threads; and  
providing the adjustment mechanism to be configured to rotate the shaft, thereby turning the shaft threads with respect to the shaft receiver threads to effect axial movement of the shaft through the shaft receiver along the shaft axis, the clamp configured to tighten and loosen the screen frame against the MRS frame as the shaft threads are turned with respect to the shaft receiver threads to effect axial movement of the shaft through the shaft receiver along the shaft axis.

77. (New) The method of claim 65 further comprising providing a manual printing press comprising at least one print head assembly configured to mount the screen frame to which the MRS frame is removably mountable.

78. A method for providing a squeegee operable for manually printing with a screen having a screen mesh and a printing device having a guide system that defines a guide plane for the squeegee, the method comprising:

providing a squeegee blade for a squeegee frame;  
providing at least one angle adjustor to adjust a blade angle of the blade relative to the guide plane and to enable selection of a selected blade angle and mounting at least one angle adjustor to the squeegee frame;  
providing at least one guide member on one end of the squeegee frame and a plurality of other guide members on one other end of the squeegee frame, the guide members configured to guide the squeegee frame along the guide plane; and

providing the blade to apply a substance through the screen mesh at the selected blade angle when the guide members travel along the guide plane, the selected blade angle resulting, at least partially, in a selected biasing force being applied between the blade and the screen mesh.

79. (New) The method of claim 78 further comprising:

movably attaching the at least one angle adjustor to the one other end of the squeegee frame; and

mounting the plurality of guide members on the one other end of the squeegee frame to the at least one angle adjustor, each of the guide members configured to travel along the guide plane.

80. (New) The method of claim 78 wherein providing at least one angle adjustor to adjust a blade angle of the blade relative to the guide plane comprises:

providing an angle adjustor frame with a plurality of angle selector apertures;

mounting the plurality of other guide members to the angle adjustor frame;

movably fastening the angle adjustor frame to the squeegee frame; and

providing an angle locking pin to lock at least one of the angle selector apertures at the selected blade angle.

81. (New) The method of claim 80 wherein providing the angle locking pin comprises providing a spring-loaded locking pin to retract into the squeegee frame and movably fastening the angle adjustor frame comprises movably fastening the angle adjustor frame to enable the angle adjustor frame to rotate about the fastener for selection of the at least one of the angle selector apertures.

82. (New) The method of claim 80 wherein movably fastening the angle adjustor frame comprises movably fastening a spring loaded fastener configured to enable pulling the angle adjustor frame away from the squeegee frame and to enable rotating the angle adjustor for selection of the at least one of the angle selector apertures for the selected blade angle.

83. (New) The method of claim 78 further comprising providing each of the guide members to comprise at least one member of a group consisting of a roller and a ball bearing.

84. (New) The method of claim 78 wherein providing the squeegee blade for the squeegee frame removably attaching the squeegee blade to the squeegee frame.